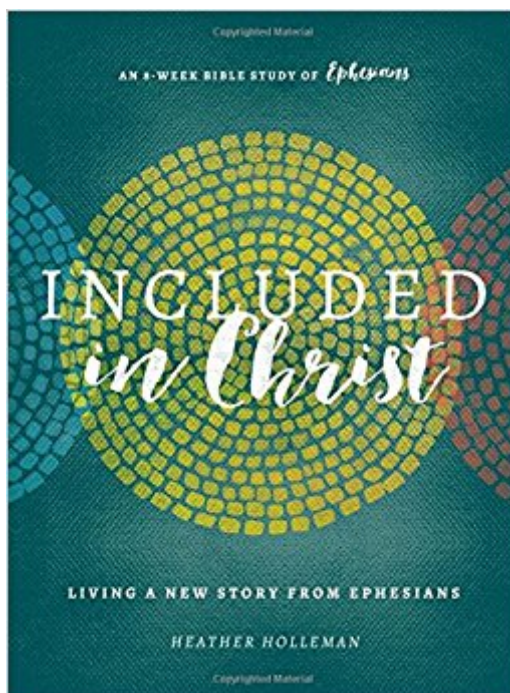


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# Included In Christ: Living A New Story From Ephesians (A Bible Study)



## Synopsis

A new kind of Bible study. After the success of her first two books, Heather Holleman received many requests to write a Bible study. And as a college English instructor, she wanted to make sure it really taught and didn't just simply inform. So she surveyed several women about what their dream study would look like, then got to work. The result is *Included with Christ*, a narrative-driven study where you can bring your life before Scripture in the context of community. Together women will discern their personal shadow narratives—ways they are living outside of their identity in Christ—and then rewrite those narratives according to biblical truth. This in-depth, 8-week study in Ephesians will equip women with six “signature stories” of God's work in their lives—helping them combat exclusion, loneliness, weakness, decay, emptiness, and silence. Designed to facilitate honest sharing and help you internalize biblical truth, *Included in Christ* will provide community and connectedness as well as spiritual nourishment. It will also guide you in how to share your story and the hope of Christ with someone who doesn't yet know Him.

## Book Information

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## Customer Reviews

I can't think of a better combination than a Bible study on Ephesians written by an English professor. Heather's writing style is warm and relatable while delivering the timeless truths of Scripture for which we're so desperate. If you're longing to be chosen, filled, strengthened, and renewed, look no further than this study on Ephesians. — Kelly Minterfounder

and Bible teacher at Cultivate Women's Events Author of All Things New, a study on 2 Corinthians

Heather does a masterful job of bringing the book of Ephesians to life and practice. With authenticity and wisdom, she highlights seven powerful verbs that refocused me on my identity in Christ. As a ministry leader, wife, parent, and friend, I am finding that, by reflecting on those life-giving verbs, I am regaining a renewed sense of His smile and delight.

Patty RutterCru, US Leadership Development and HR We all yearn deeply for value and significance. Heather winsomely guides us through Ephesians to our true identity being included in Christ.

Jennifer RichFormer Cru staff and current therapist/owner at Crossroads Counseling, Ann Arbor, MIA soul-searching, challenging, but affirming look into the book of Ephesians. Heather's tender heart and transparency leads women to embrace their unique Savior Story in a clear, personal way.

Katrina CampbellC&MA Women's Ministries, and Alliance Peacemaking This is the Bible study I've been waiting for! Heather leads us to love grace more, to rest in the power of God's Word, and to more freely and passionately follow our deeply personal Savior in the story He is writing with our lives.

Brooke BarnettArea Director of Cru in Tidewater, VA Heather Holleman's deep knowledge and application of Scripture, along with her memorable illustrations and use of contrasts, will propel you to a deepening and fulfilling relationship with Christ. You cannot complete this study without your heart and life being captivated and transformed!

Melanie CristeDirector of Women's Ministry, Hunt Valley Church Included in Christ is a fresh, applicable study for women. We all need to understand the significance of our "Savior Stories" and the toxicity of our "Shadow Narratives." Heather's expertise in the written word helps us to learn and remember His work on our behalf so that we can live in His story with victory.

Victoria Evans PeasleyDirector of Women's Ministries, Calvary Church of Valparaiso Get ready for a fresh look at Paul's powerful letter to the Ephesians. Be prepared to walk intimately with God along the way as He helps you see your own story from His perspective. You will love this study.

Susie LarsonNational speaker, talk radio host, and author of Your Powerful Prayers Before I was even finished reading the introduction, I wanted to stand up and cheer! God's Word is so full and alive, and seeing these familiar words from Ephesians unpacked this way excites me!

Amy GeistCru at the University of Tennessee, Chattanooga With refreshing openness, Heather takes us through the book of Ephesians and skillfully guides us to identify the narratives that prevent us from experiencing who we are in Christ and to exchange them with our story of redemption.

Included in Christ is a life-changing study for all who long to live in the fullness God designed.

Patricia HunterFreelance writer, and photographer of No Matter What, It's a

Good Day When  
A well-written study, like a good verb, can change a life. Each time I opened this beautiful book, I envisioned myself seated at a farm table interacting with Heather and Jesus, unpacking vivid verbs and journaling about what God was teaching me. I have been changed.  
Kourtney Goerges Street  
Director of Operations, Cru17  
My heart, soul, and mind so needed the truths in this study of Ephesians. Included in Christ is for every woman who desires to get to the root of her calling and purpose. It's Scripture-saturated, honest, soul-searching, beauty!  
Lyndsy Felsman  
By Design podcast and blogger  
Belonging and acceptance hold sacred space within many of our deepest longings and most painful stories. In Heather Holleman's masterful work, we are invited into a creative and grace-filled journey toward a much sought-after place of rest, safety, grounding, and security. She has woven the gift of our stories, the power of imagery, and the elements of inductive Bible Study into a deep encounter with the metamorphic message in Ephesians that we are always and forever "included."  
Meggan Huntoon  
Pastor of women and small groups, Cornerstone Church, Boulder, CO

HEATHER HOLLEMAN, PhD, is the author of *Seated with Christ* and *Guarded by Christ*. She teaches composition and advanced writing at Penn State and has received numerous awards for excellence in teaching and mentorship during her career. She also serves alongside her husband, Ashley, in graduate student ministry with Cru's Faculty Commons. They live in Pennsylvania with their two daughters, and Heather writes daily at [HeatherHolleman.com](http://HeatherHolleman.com).

Heather Holleman is a new author to me, and I didn't know she wrote books before being asked to create a Bible study. *Included in Christ* is an 8 week Bible study that explores the truths from Ephesians without being overwhelming. It is written as if the author were sitting down with us. She includes her own story that makes her very relatable. Yet, Scripture is explained and explored as she takes us through Ephesians. Ephesians isn't new to me, yet Heather pointed out things I never thought about or saw the way she explained. I truly have learned a lot, and for review purposes, I am not all the way done, but I wanted to be timely in getting this out. I am really impressed in what I've read so far. The topic is one all women can relate to. We all want to belong and be included. There are lies we have believed, and this study takes those lies and exposes them, giving us the truth in Scripture that has been there for us all along. I highly recommend this study to any woman who struggles to belong, no matter what their level with the Bible is. It's a down-to-Earth study that includes places to journal thoughts and answer questions. Honestly, it's everything I'm looking for in a Bible study. I really think you will learn and be inspired just as I am. I received INCLUDED IN

CHRIST from the publisher for review purposes, and all thoughts expressed here are my own.

The Book of Ephesians from the Bible is perhaps one of my favorite books. There is so much wisdom to be gleaned and it is a surprisingly short book at that. Yet don't be confused that just because it is short, doesn't mean that there isn't much to learn. In fact, Paul probably used so many concise specific topics that not only applied to the people living in Ephesus, but also is very relevant to us in our current modern day age. Ephesians is a letter from Paul that you can understand best by thinking about seven operative or most important words in this short study. These words happen to be vivid verbs. The seven words in the 8 week study of Ephesians surely change you. It represents deeply transformation material. The hope is that after you finish this study people will begin to wonder and ask if you are a different person. To complete this study you will need, a Bible (one that you love the most will benefit you the best and everyone has their preferred choice), something to write on and with. Even though this study comprises eight weeks, five days each, keep your own pace and what works best for you. God may be calling you to spend time on something in this book that might be relevant to what He wants to teach you and what you are going through. I guess what anyone needs in completing any Bible Study is an open mind and a willing heart. This book can be used in an individual, couple or even a small group study through the book of Ephesians. Each chapter in this book will ask you to think carefully about the crucial verb in each section and to picture a scene in our mind about this verb, such as 'how does a person understanding this verb live?' You first begin to answer the question by first identifying their opposites or contrasts to enhance how we make sense of our new identity in Christ. You will begin with a shadow narrative about the particular verb you are studying. How that applies to your life, what are you doing or should be doing and then using your five senses see if you can develop a short story about how He is currently writing about this verb in your life. These can be positive or negative and can be things you want to share or just keep to yourself. By the end of the study you will quickly identify ways your Shadow Narratives prevent you from fully embracing and fully inhabiting God's Word and you will have new stories to tell, your Savior story, to truly learn from the Scripture. I received Included in Christ by Heather Holleman compliments of Moody Publishers and Side Door Communications. Each of this daily and weekly studies are to help you understand how you can become a new creation in Christ and embrace that and learn to let go of the old you, the former person who is trying to keep you from all Christ has in store for you. Think of it like spring cleaning for your soul and its about time to learn to let go of that excess baggage we've been carrying and lighten our loads and embrace the joy that comes from having a Christ centered life.

These are perfect for small group studies or even a couple's study that will enrich your relationships in ways you never dreamed possible. I would give this a 4 out of 5 stars in my opinion.

This is a "bible study" unlike any other I've ever done. I'm not sure I'm a fan of the method but it might be great for you. In my mind this functioned more like a devotional book. There weren't a whole ton of questions each week concerning the material found in Ephesians. The questions seemed more "evaluate my life type. The goal is to write a Shadow Narrative and then turn it into a Savior Story. Some people might love this approach but for me this focuses way too much on me and not enough on God. I understand we need to dig out and root out lies we believe but I think this method is just not for me. The information in the narrative of the book is great. Very applicable and useful for everyone. Everyone has felt lost or left out before. This speaks to the heart. It's a good companion for another study on Ephesians where you dig in and try to understand and know God better by reading the word. I received a digital copy from netgalley and the publisher in exchange for my honest review.

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